



Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition (Nutrition in Exercise & Sport)

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Detailing the energy-yielding macronutrients, carbohydrates, lipids, and proteins, this book discusses the body's need for these nutrients for growth, development and exercise.

This book and its companion book "Macroelements, Water, and Electrolytes in Sports Nutrition" address the relationship of macronutrient and macroelement needs and interactions to sports and exercise.

Ideal for individuals working in research in the energy areas of sports nutrition, Energy Yielding Macronutrients & Energy Metabolism in Sports Nutrition includes reviews of digestion, absorption, energy gains from energy-yielding macronutrients, nutritional implications of gender and age differences in energy metabolism, and weight loss and gain as influenced by caloric needs.

Containing work by both editors and contributors accomplished in the field, this book provides new and provocative insights into the relationship between energy-yielding macronutrients and exercise.

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This Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition (Nutrition in Exercise & Sport) is completely new way for you who has curiosity to look for some information because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or else you who still having little bit of digest in reading this Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition (Nutrition in Exercise & Sport) can be the light food for you personally because the information inside that book is easy to get by simply anyone. These books produce itself in the form and that is reachable by anyone, yes I mean in the e-book web form. People who think that in e-book form make them feel drowsy even dizzy this reserve is the answer. So there is not any in reading a publication especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book type for your better life as well as knowledge.

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